

Come Follow Me FHE

# About This Download

## PRINTING

The majority of our downloads are formatted to print on 8.5x11” paper unless otherwise noted. You may print at home or a local print shop. We recommend using a recent version of Adobe Acrobat PDF Reader to view and print your files. It is available for free online. If you run into problems with pages being cut off, select “fit to page” in your print dialogue box to make sure it fits on your page correctly.

To print large page sizes (anything larger than 8.5x11”), we recommend going to a local print shop like Kinko’s, Staples, AlphaGraphics, etc. and ask them to print your file as a black and white “engineer print” or “blueprint.” These larger prints are big, fun and fairly inexpensive.

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# Go & Do Family Activity

## Jesus Christ Helps Me Overcome Sin

2 Nephi 1:13, 15, 23

Before your activity cut strips of paper to make a paper chain, you will want 4- 5 strips of paper per person. Also gather stuff around your house that could act as armor, for example, a bike helmet, vest, boots, etc.

As a family read and discuss 2 Nephi 1:13. In verse 13 Lehi tells Laman and Lemuel to “awake; awake from a deep sleep.” He is referring to them being spiritually asleep. He then goes on to tell them to “shake off the awful chains by which ye are bound.” Help your children to understand that these chains Lehi is talking about are the effects that sin has on us. Give each family member 4-5 slips of paper, and have them write things that Satan uses to tempt us to sin. Use all the slips of paper to create a paper chain.

Next as a family read and discuss Lehi’s testimony in verse 15 and his invitation in verse 23. Discuss how much the Lord loves us, He has made it possible for all of us to be saved. We each need to try and do our best to choose the right and not sin but we are not perfect. We were put on this earth to make good choices, we have each been given our agency. Use the items you gathered to act as armor to discuss how they can be like the “armor of righteousness.” For example, you can discuss ways a helmet can protect our head and in a spiritual sense how it can help us to protect our thoughts. Continue with each item you gathered. Give each family member one or two items of armor and have them put the items on. Next, have each member of your family put their hands in the links of the chain. Then together “shake off” or break the chains around your wrists, showing that we can use the Atonement of Jesus Christ to repent and help us overcome sin.

Gather in a circle as a family and put your arms around each other, (family group hug) and sing or listen to Heavenly Father Loves Me (Children’s Songbook 228).

### Supplies Needed:

Strips of paper to make a paper chain.

Glue or Tape

Gather items around your house that can act as armor (ex. bike helmet, vest, boots, ect.)